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LEARN TO GROW

A Monthly Newsletter by Pauline Weddell - Learn To Grow



Working With an Executive Coach?

Over the past 30 years, executive coaches have gone from rare to common. Most people in corporations assume that being given the chance to work with a coach is a positive thing, and so we seldom find ourselves being asked to explain the benefits of executive coaching. People generally come to us already knowing that they want to engage a coach, and having a fairly clear idea of what they expect from the relationship. So when a potential client asked recently how he would benefit from working with an executive coach, it was a good opportunity for me to reflect on the positive outcomes of coaching. And it made me realise that other people might also have this question but be hesitant to ask, since coaching has become such an accepted — even expected — practice at many companies.

A good coach will help you with the following;

1. **See yourself more clearly**. This sounds simple, but is actually very important. Research has shown that most of us don't see ourselves very clearly and that it matters: accurate self-awareness in leaders is highly correlated with organisational effectiveness and profitability, and employees prefer to follow leaders who see themselves clearly (and are willing to share their perceptions).

2. See others more clearly. Over the years, we've often seen leaders run into problems because of their inaccurate assessments of those around them. They may lose good employees because they don't recognise and support their capabilities, or keep poor performers too long because they think they're better than they are.

3. Leverage your existing strengths. Having an effective and supportive coach can also help you see and leverage strengths that you already have but that you may be underestimating.

WORKING WITH AN EXECUTIVE COACH

TRAINING 2022

Learn To Grow Training Courses

Something for everyone



This year we have a wide range of training workshops that will have something to suit every level of employee.

Some of our most popular courses include the following:

- Psychological Safety at Work
- Inclusive Leadership & Management
- Building Resilience in the Workplace
- Emotional Intelligence in the Workplace
- Unconscious (Anti) Bias
- Intercultural Communications
- Assertiveness Skills & Techniques at Work
- Employee Engagement & Motivation
- Coaching Skills for Leaders & Managers
- Self-Confidence Building
- Mental Health Awareness at Work
- Giving & Receiving Effective Feedback
- Dealing with Difficult People
- Delegation Skills
- Introduction to Mindfulness
- Menopause at Work
- Mental Wellbeing for Employees



We can deliver these workshops online or face-to-face and most are 1-day duration.
The workshops each come with a delegate workbook and are highly interactive. We can also work with you to create your own bundle of workshops to create a short development programme.

We also offer a wide range of psychometric profiling including MBTI, Wave,, Hogan and DISC These are all brilliant tools to help managers & leaders understand more about their areas of strength and also development.

We also offer Career and Executive Coaching available as a one-off or various package to suit your requirements.



We have our very own Inclusion Specialist Ellie Lowther delivering her wide range of training and awareness sessions on Diversity & Inclusion and her very popular Trans Awareness program.

If you don't see a course here that you are looking for then please contact us to discuss your requirements as we have so many more workshops available.

Why not contact us on 07976 028132 or email us at Info@learntogrow.me for more information.
Check out or website or book your place online at www.learntogrow.me

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